

Off Duty Risk Avoidance Information Sheet

Winter Sports and Recreation



Winter sports are very popular and are a great during family vacations. Generally all sports have risks involved, but winter sports tend to generate more concern for accidents are prone due to the weather conditions and environment. Many mishaps are caused by lack of experience and complacency.

Tips to for every winter sport

- ❖ *Clothing:* Dress warm and avoid outer cotton clothing for it absorbs moisture.
- ❖ *Sunburn:* Sun will reflect off the snow and hit the face.
- ❖ *Frostbite:* See page 11
- ❖ *Fatigue:* Get a good night's sleep and eat regularly.

Skiing and Cross Country skiing

Skiing is a popular, physically challenging sport that requires extreme physical endurance. Many skiers can sustain sprains and muscle injuries due to fatigue so preparing yourself for the high physical endurance can decrease the chances of injury.

- ⚡ *Protective gear:* Helmets, gloves, goggles, sunscreen, and protective clothing.
- ⚡ *Fatigue:* high-energy snacks, take breaks when needed, and get at least 7 hours of sleep the night before.
- ⚡ *Preseason exercise:* keep in shape throughout the year to avoid overexertion and stretch.
- ⚡ *Beginners:* Take lessons and stay on the beginner's slopes.
- ⚡ *Falling:* keep arms forward, skis together and hands over skis. Don't use hands to break your fall and wait until you stop sliding to get up. If you feel you are getting out of control fall to your rear or side.



Snowboarding

Snowboarding has become increasingly popular over a couple of decades. Most of the injuries result from lack of experience and jumping.

- ⚡ *Beginners:* Take a lesson
- ⚡ *Protective gear:* wrist guards and kneepads
- ⚡ *Helmets:* Highly recommended
- ⚡ *Trails:* Stay on groomed trails
- ⚡ *Jumping:* Avoid jumping until you are more experienced



Ice Skating

It may seem customary to skate on frozen ponds; however, skating rinks are more ideal because of the risks of falling through thin ice.

- ✱ When falling try to relax and move with the fall, lean forward and bend elbows.
- ✱ Quickly get up after falling to avoid the risk of other skaters tripping on you.
- ✱ Keep hands close and fingers tucked inward when getting up
- ✱ Skate on the outer edge of the rink. Save the inner rink for experienced skaters
- ✱ Wear gloves, pants, and long sleeve jacket.



Sledding

- ⚡ Use sleds that you can steer
- ⚡ Children should not be unsupervised while sledding.
- ⚡ Inspect hills for steepness
- ⚡ Wear helmets and protective clothing



Frostbite

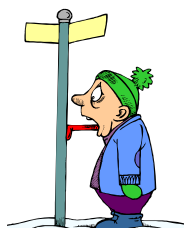
How to Prevent Frostbite

- * Proper clothing for winter weather insulates from the cold, lets perspiration evaporate and provides protection against wind, rain and snow. Wear several layers of light, loose clothing that will trap air but provide adequate ventilation. This is better protection than one bulky or heavy covering. Choice fabrics for the cold are wool, polyester substitutes and water-repellent materials (not waterproof, which holds in perspiration). Down coats and vests are warm; however, if down gets wet it is not an effectively warm fabric.
- * Coverings for the head and neck are important. Hats, hoods, scarves, earmuffs and facemasks all add up to good protection.
- * Protect your feet and toes. Wear two pairs of socks -- wool is best, or cotton socks with a pair of wool on top. Wear well-fitted boots, high enough to cover the ankles.
- * Hand coverings are vital. Mittens are warmer than gloves, but may limit what you can do with your fingers. Wear lightweight gloves under mittens so you'll still have protection if you need to take off your mittens to use your fingers.
- * Be sure your clothing and boots are not tight. A decrease in blood flow makes it harder to keep the body parts warm and increases the risk of frostbite.
- * When in frostbite-causing conditions, remember to dress appropriately, stay near adequate shelter, avoid alcohol and tobacco, and avoid remaining in the same position for long periods.



Symptoms of Frostbite

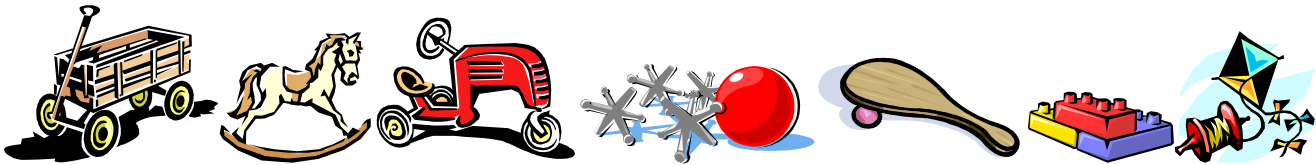
- * Mild frostbite (frostnip) affects the outer skin layers and appears as a blanching or whitening of the skin. Usually, these symptoms disappear as warming occurs, but the skin may appear red for several hours after.
- * In severe cases, the skin will appear waxy-looking with a white, grayish-yellow or grayish-blue color. The affected part(s) will have no feeling (numbness) and blisters may be present. The tissue will feel frozen or "wooden". This indicates a very serious condition.
- * Other symptoms are swelling, itching, burning and deep pain as the area is warmed



Toys Toys Toys



As the holiday season approaches more and more shoppers will be hitting the streets to find that special something for the youngsters. There are many different kinds of toys to choose from, but keep in mind that some toys can be hazardous to a child. Here are a couple of tips to keep in mind when shopping for the little ones.



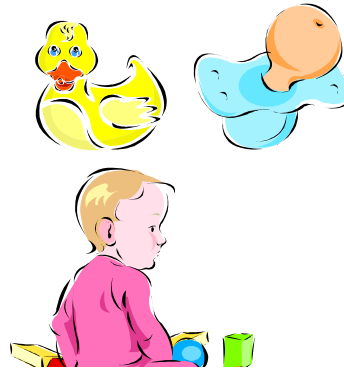
- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts, which could pose a fatal choking hazard.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- For all children under age 8, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys, which can cause suffocation, before they become deadly playthings.
- To avoid risk of serious eye or ear injury, avoid toys that shoot small objects into the air, or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for a child's ears.
- Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Provide proper supervision for children 12 to 15 years of age.
- Tips of arrows or darts should be blunt, made of soft rubber or flexible plastic and securely fastened to the shaft.
- A child's pediatrician can help parent's decide which toys are safe for newborns, toddlers and teens



Age Appropriate Toys

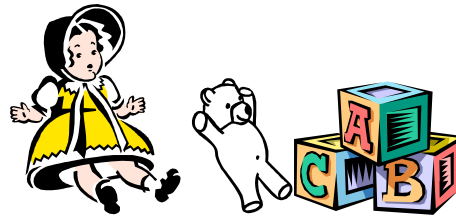
Toys for Baby: Newborn to 1 year. Choose eye-catching toys that appeal to your baby's sight, hearing, and touch.

- Large blocks of wood or plastic
- Rattles
- Soft, washable animals, dolls, or balls
- Bright, movable objects that are out of baby's reach



Toys for Toddlers: 1-2 years. These toys should be sturdy and be able to withstand a toddler's curiosity.

- Cloth or plastic books with large pictures
- Sturdy dolls
- Kiddy cars
- Musical tops



Preschooler Toys: 2-5 years. These toys should imitate the activity of the parents or older children.

- Books (short stories or action stories)
- Crafts—crayons, markers, chalk and non-toxic finger paints
- Housekeeping toys
- Tape recorders



Toys for Young Children: 5-9 years. These toys should enhance creativity and skill development

- Crafts
- Card games
- Bicycles
- Balls
- Sports equipment



Preteens: 10-14 years. Hobbies and scientific activities are ideal for this age group.

- Computer games
- Sewing, knitting, needlework
- Microscopes, telescopes
- Table and board games





*The Safety Office would
like to wish everyone a*

SAFE

*And Happy Holiday
Season!!!*

